



## **WNY Stress Reduction Program**

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In an effort to continually improve service delivery to emergency responders and the agencies they represent, the Western New York Stress Reduction Program has recently revised its pre-incident education program. The program now provides more information regarding various types of stress, stress management and the specialized interventions offered by trained peer and mental health volunteers.

We know that psychological preparedness helps responders manage acute stress symptoms that occur following exposure to significant events. Pre-incident education is an excellent tool for promoting mental, physical and emotional wellness.

If you are interested in having a member of the WNYSRP speak to your group, please contact Ron Endle at 681-4886 or e-mail him at [ronfirellc@aol.com](mailto:ronfirellc@aol.com), and he will work with you to schedule a mutually agreed upon date and time. The presentation is very flexible and every effort will be made to ensure it meets the needs of your department.

I am very excited about this training program, and I think you will be please with its content.

Thank you for your attention. I encourage you to take advantage of this training opportunity.

Sincerely,

A handwritten signature in black ink that reads "Michael J. Walters". The script is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Michael Walters

Executive Director

Western New York Stress Reduction Program